



★ Early Essentials ★

## Quick Start Guide for Building Relationships

### Know the Essentials

- Positive nurturing relationships with caring adults are the key to the healthy development and learning of infants and toddlers.
- Families are the most important people in their child's life.
- Primary caregiving is essential to building secure attachments with infants, toddlers, and their families.
- The way we build relationships with families can impact the way they build relationships with their children.

### Take a Deeper Look

- Different families have different experiences based on their values and beliefs. What do you see as the family's role in a young child's life?
- How do you build a relationship with a new family and baby?
- How do you support families in building relationships with their children?

### Explore Resources

- Read "The Story of Alecia and Joseph" on pages 7-8 of ***Putting the Head Start Parent, Family, and Community Engagement Framework to Work in Your Program: Integrating Strategies for Program Progress (ISPP) Part II***: <http://eclkc.ohs.acf.hhs.gov/hslc/tta-system/family/docs/integrating-strategies-for-program-progress-ispp-part02.pdf> Identify ways that Joseph:
  1. built a relationship with both Alecia and her children;
  2. supported Alecia in her role as her children's parent and primary caregiver; and
  3. set the tone (made Alecia feel safe, etc.) in their relationship, allowing her to participate fully in the program.
- View ***Caring Connections Let's Talk about Nourishment*** <http://eclkc.ohs.acf.hhs.gov/hslc/tta-system/ehsnrc/cde/curriculum/caringconnection.html>
- View and complete the exercises for ***Relationships as the Foundation of Quality Infant and Toddler Online Lessons***: <http://eclkc.ohs.acf.hhs.gov/hslc/tta-system/ehsnrc/comp/program-design/index.html>